



Press Release Contact Information:

Kimberly Ware
Messenger Publishing, Inc
CEO
1688 Cobbs Creek Lane
Decatur, GA
United States, 30032
Voice: 404-781-1970
Fax: 404-286-0168
E-Mail: [Email us Here](mailto:Kimberly.Ware@mpublish.com)
Website: [Visit Our Website](http://www.messengerpublishing.com)

Writing to Heal: Another Way to Keep Your Thoughts

Kick off Diary Month with Kimberly Ware's Healing Journal

/24-7PressRelease/ - DECATUR, GA, June 15, 2008 - There is power in the pen and it can be used in healing. With the economy at it's low and Americans are losing their jobs and homes at an alarming rate, people are overwhelmed. Why not write to release your stress and use faith in pursuing your true passion? June is Diary Month and is an opportunity to start anew.

Journaling can be very therapeutic in releasing and letting go of every day stresses. In recent years, researchers have found that keeping a journal has a positive impact on physical well-being. Psychologist and researcher, James Pennebaker (University of Texas-Austin) believes that regular journaling strengthens immune cells, called T-lymphocytes. Pennebaker says that writing about stressful events helps you come to terms with them, thereby reducing the impact of these stressors on physical health. Other research has shown that journaling decreases the symptoms of asthma and rheumatoid arthritis.

Kimberly Ware's healing journal, "Heal My Wings: A Healing Guide for Women" is based on the twelve principles of healing. The twelve principles are: healing your heart, mind, body, spirit, soul, family, faith, courage, strength, wisdom, willpower, and though life reflection. Offering modern-day stories and examples from her own personal experiences, she gives tips and exercises on spiritual healing.

In this brilliantly profound, yet simple and easy to use journal, intuitive, spiritual healer and teacher, Kimberly Ware guides women on how to heal from life dilemmas. She shows how it is possible to heal your wings and prosper after overcoming life changing events.

Kimberly Ware is the author of Heal My Wings Oh Lord: A Healing Guide and Journal for Women and the Purpose Lies Within book series. Kimberly Ware is a spiritual healer and teacher. She conducts the Heal My Wings Oh Lord and Purpose Lies Within Workshops through out the country.

Messenger Publishing, Inc. (MPI) is a Georgia book, magazine, and newspaper publisher. MPI has been in business since 1998.